

Human Motivators Mission

- What is painful about your Current State?

- What is desirable about your personal Dream State?

I suffer from an inability to lose the least amount of body fat and drop my body fat from 22 percent to 13 percent. This inability is exceptionally painful, as losing this belly fat is tied to my eating habits, which I find extraordinarily difficult to control. I could be doing everything I write, then on the fourth day, I'll eat tons of sweet food, drink sugary drinks, and destroy my progress. I have this hollow, empty feeling when I start craving it. That tells me it will feel like death if I don't have the sugar drink to minimize this pain. It's so painful because I am taking TRT, working in the gym, and doing my best, yet I can't seem to lose this fat despite everything I try.

Reaching my dream state would mean my core would be challenging and strong with six packs showing. These six packs would make me feel amazing when I wear my shirt or take it off. My girlfriend will love the way I look. I can go to the beach and feel sexy. I can take pride in the fact that I made an accomplishment that a majority of other

people cannot undergo. I can finally prove that I can reach an ultimate goal and develop a solid and powerful body. I'll be respected more by women and my peers. And I'll feel more respected, generally speaking.